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THE ANTI-VACCINATION CRUSADE.

BY H. LINDLAHR, M. D.

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"To vaccinate or not to vaccinate," that is the question of the day in Chicago.

In order to solve this much discussed problem intelligently and rationally it becomes necessary to understand the true nature of acute and chronic diseases.

Modern "regular" medical science is built on the germ theory of disease. The microscope discloses to the astonished eye of science the wonders of the world of micro-organisms. Many forms of disease are found to be accompanied by the production of certain kinds of germs, bacteria, and parasites.

In malarial diseases we find in the blood in great numbers the plasmodion malariae; in cholera, the cholera bacillus; in consumption, the tubercle bacillus, etc., and forthwith scientists argue that these germs are the true causes of disease. As a natural corollary to this

assumption they further conclude that in order to cure the disease they must kill the germs.

From these premises have evolved our modern theory and practice of medicine and surgery, culminating in the lymph, serum, vaccine, and anti-toxin therapy.

Kill the bug and cure the disease, that sounds plausible—but is it true?

Only a few years ago the world was all aglow with excitement over Dr. Koch's wonderful discovery, and he was heralded as one of the great saviors of humanity. He claimed that the tubercle bacillus was the cause of consumption, and that his tuberculin, a decoction of tubercle bacilli, was certain death to the bacilli and a sure cure for consumption. The German Parliament, in the first great excitement over the wonderful discovery, presented to him in the name of the nation a vote of thanks, and the sum of 100,000 marks.

From all parts of the world consumptives and those who were in dread of becoming such came to try the new treatment. But, alas, to-day tuberculin is almost forgotten. Only here and there a lone fakir poses as the original Dr. Koch from Berlin, and sells to poor

NATUROPATHY IN CALIFORNIA.

The recent passing of a law legalizing the practice of Naturopathy in all its branches in the State of California, marks a new era in the dissemination of truth; it will be a great step toward prevention and cure of disease, and ensure safer and saner methods in the treatment of the sick, and especially those who have sought in vain relief from their ailments by the old medical systems.

Like the establishment of every great truth, this victory has been brought about after many vicissitudes and hard struggles against the well enforced Medical Trust, which claims to have a monopoly in the art of healing, and looks upon those who successfully work along more progressive lines with envy and suspicion.

Southern California, with its unsurpassed climate and topographical conditions, is really Nature's Sanitarium, where one can enjoy the cooling breezes of the ocean, as well as the pure and invigorating air of the foothills and mountains, the fragrant flowers, and delicious fruits in their endless varieties during all seasons of the year. When howling blizzards sweep down upon the Eastern and Middle States, making all out-door life nearly impossible, the golden orange ripens under the sunny skies at the foot of the snow-capped mountains. The unrivalled facilities and opportunities which are offered by the Golden State are making it more and more the mecca of health seekers every year, and the number of those who come to the "land of sunshine," not only for the cure of disease, but also for rest and recreation, is constantly increasing.

As people are getting weaned from the practices of the old orthodox medical school, they become more interested in the natural methods of healing, and the demand for competent practitioners and teachers is likewise on the increase and offers great opportunities for those who want to study and practice the treatment of disease along naturopathic lines.

Dr. Carl Schultz, the founder of the Naturopathic Institute and Sanatorium of California, Los Angeles, is really the pioneer of the movement in California. He is also the first and so far only naturopathic physician on the Pacific Coast, who employs the widest scope of natural methods in the treatment of his patients. There are many practitioners who confine themselves to one single method, like osteopathy or chiro practices, disregarding more or less other means of restoring health. Dr. Schultz's system of treatment comprises the good that is in all methods of healing and applies it successfully in each individual case. The following branches of naturopathy are taught and practiced: Light, Air, and Water Cure, Massage, Swedish movements, Vibration, Electricity, Osteopathy, Chiropractic, Orthopedic Surgery, Physiological Chemistry, Natural

Dietetics, etc., thus giving the patient greatest possible benefit.

The operative treatment of diseases strictly excluded. The knife of the surgeon constantly sends hundreds to an early grave and cripples thousands for their lifetime when the application of the simple teachings of hygiene would have saved the poor victim. It is the more and more apparent inability of allopathy which brings surgery into prominence, and there is no bodily organ which has not yet been operated on and declared unnecessary. There should never be a surgical operation performed before the patient has given our natural healing methods a fair trial.

There is not one person on whom an operation was performed, for instance the removal of the appendix, who has not to complain of lighter of graver consequences such as depression of mind, anger, vexation, irritability, nervousness, digestive troubles, etc., although the appendix is an unnecessary part of the body, according to the views of allopathy.

Dr. Schultz has successfully treated many patients who were condemned to the operation table for appendicitis, and who rapidly recovered under naturopathic treatments. Professional surgeons, for lack of experience in other than surgical measures, rarely have clear ideas of curative possibilities. A large prospective fee proves too tempting for many surgeons.

Another advantage is the location of Dr. Schultz's Naturopathic Sanitarium and College, in the Metropolis of Southern California. Los Angeles bids fair to become the leading city of the Pacific Coast in wealth, beauty, art and sciences. Through the San Pedro Harbor and the Owens River Aqueduct, Los Angeles will enjoy advantages which are not equalled by any city in the United States. While the city has had a phenomenal growth in the past, more than doubling its population in the last ten years and having now over 300,000 inhabitants, it is very probable that in another decade, it will be nearing the one million mark, without having the bad features of the eastern cities of the same size.

The city of Los Angeles will remain essentially a city of small homes and gardens, while the surrounding country will be dotted with orchards and vineyards with broad macadamized highways leading in all directions from the mountains to the sea. Compared with other cities, the cost of living in Los Angeles is low; the market affords a variety of fresh fruits and vegetables at very moderate prices all the year round, which will be welcomed by all those who prefer a natural and hygienic diet in accordance with the teachings of nature cure.

Dr. Schultz's Naturopathic Institute and Sanatorium is centrally located, two blocks west of Central Park, on the quietest section of South Hope Street, near Sixth Street, and can be easily reached by various car lines. The Sanatorium has large open porches and a nice secluded garden. The

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